



Saturday, August 10, 2024



START	END	TEAM BLUE		TEAM WHITE	
		ACTIVITY	LOCATION	ACTIVITY	LOCATION
7:30 AM		CHECK-IN	CP ARENA	CHECK-IN	CP ARENA
8:00 AM	8:30 AM	FULL CAMP MEETING	TBD	FULL CAMP MEETING	TBD
8:30 AM	9:00 AM	CHANGE FOR ICE	DRESSING ROOM	CARWASH (MEDIA, INTERVIEWS, EQM CHECK)	
9:00 AM	10:00 AM	ON-ICE COMBINE TESTING	ICE	CHANGE FOR ICE	DRESSING ROOM
10:00 AM	11:00 AM	PLAYERS COOL DOWN / CHANGE		ON-ICE COMBINE TESTING	ICE
11:00 AM	11:30 AM	CARWASH (MEDIA, INTERVIEWS, EQM CHECK)		PLAYERS COOL DOWN / CHANGE	
11:30 AM	12:15 PM	LUNCH	CP ARENA	LUNCH	CP ARENA
12:15 PM	12:30 PM	CHANGE FOR GYM	DRESSING ROOM	VIDEO COACHING	TBD
12:30 PM	1:30 PM	OFF-ICE COMBINE TESTING	GYM	CHANGE FOR GYM	DRESSING ROOM
1:30 PM	2:00 PM	CHANGE FOR ICE	DRESSING ROOM	OFF-ICE COMBINE TESTING	GYM
2:00 PM	3:00 PM	ON-ICE	ICE	CHANGE FOR ICE	DRESSING ROOM
3:00 PM	4:00 PM	PLAYERS COOL DOWN / CHANGE		ON-ICE	ICE
4:00 PM	4:30 PM	VIDEO COACHING	TBD	PLAYERS COOL DOWN / CHANGE	
4:30 PM		DEPART ARENA		DEPART ARENA	

**NOTES**

Players - please be dropped off and picked up at Charlie Purdy Arena front entrance.

Players will be grouped based on age for Day 1.

Following Day 1, players will be re-grouped based on age and ability.

A lunch menu will be distributed closer to the date of camp.

Snacks will also be provided throughout the day for athletes.

Players are required to bring with them: full equipment, two sticks, running shoes, t-shirt and shorts.

Players will be provided with: jersey, namebar, workout t-shirt, workout shorts and a hat.



Sunday, August 11, 2024



START	END	TEAM BLUE		TEAM WHITE	
		ACTIVITY	LOCATION	ACTIVITY	LOCATION
8:00 AM	8:30 AM	CHECK-IN / ARRIVAL		CHECK-IN / ARRIVAL	
8:30 AM	9:00 AM	CHANGE FOR ICE	DRESSING ROOM	CHANGE FOR WORKOUT	DRESSING ROOM
9:00 AM	10:00 AM	ON-ICE	ICE	WORKOUT	GYM
10:00 AM	11:00 AM	WORKOUT	GYM	ON-ICE	ICE
11:00 AM	11:30 AM	PLAYERS COOL DOWN / CHANGE		PLAYERS COOL DOWN / CHANGE	
11:30 AM	12:30 PM	LUNCH	CP ARENA	LUNCH	CP ARENA
12:30 PM	1:30 PM	GUEST SPEAKER	TBD	GUEST SPEAKER	TBD
1:30 PM	2:00 PM	CHANGE FOR ICE	DRESSING ROOM	CHANGE FOR WORKOUT	DRESSING ROOM
2:00 PM	3:00 PM	ON-ICE	ICE	WORKOUT	GYM
3:00 PM	4:00 PM	WORKOUT	GYM	ON-ICE	ICE
4:00 PM	4:30 PM	PLAYERS COOL DOWN / CHANGE		PLAYERS COOL DOWN / CHANGE	
4:30 PM		DEPART ARENA		DEPART ARENA	

**NOTES**

Players - please be dropped off and picked up at Charlie Purdy Arena front entrance.

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Following Day 1, players will be re-grouped based on age and ability.

A lunch menu will be distributed closer to the date of camp.

Snacks will also be provided throughout the day for athletes.

Players are required to bring with them: full equipment, two sticks, running shoes, t-shirt and shorts.

Players will be provided with: jersey, namebar, workout t-shirt, workout shorts and a hat.



Monday, August 12, 2024



START	END	TEAM BLUE		TEAM WHITE	
		ACTIVITY	LOCATION	ACTIVITY	LOCATION
8:00 AM	8:30 AM	CHECK-IN / ARRIVAL		CHECK-IN / ARRIVAL	
8:30 AM	9:00 AM	CHANGE FOR ICE	DRESSING ROOM	CHANGE FOR WORKOUT	DRESSING ROOM
9:00 AM	10:00 AM	ON-ICE	ICE	WORKOUT	GYM
10:00 AM	11:00 AM	WORKOUT	GYM	ON-ICE	ICE
11:00 AM	11:30 AM	PLAYERS COOL DOWN / CHANGE		PLAYERS COOL DOWN / CHANGE	
11:30 AM	12:30 PM	LUNCH	CP ARENA	LUNCH	CP ARENA
12:30 PM	1:30 PM	NUTRITION / RECOVERY SEMINAR	TBD	NUTRITION / RECOVERY SEMINAR	TBD
1:30 PM	2:00 PM	CHANGE FOR ICE	DRESSING ROOM	CHANGE FOR WORKOUT	DRESSING ROOM
2:00 PM	3:00 PM	ON-ICE	ICE	WORKOUT	GYM
3:00 PM	4:00 PM	WORKOUT	GYM	ON-ICE	ICE
4:00 PM	4:30 PM	PLAYERS COOL DOWN / CHANGE		PLAYERS COOL DOWN / CHANGE	
4:30 PM		DEPART ARENA		DEPART ARENA	

**NOTES**

Players - please be dropped off and picked up at Charlie Purdy Arena front entrance.

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A lunch menu will be distributed closer to the date of camp.

Snacks will also be provided throughout the day for athletes.

Players are required to bring with them: full equipment, two sticks, running shoes, t-shirt and shorts.

Players will be provided with: jersey, namebar, workout t-shirt, workout shorts and a hat.



# VICTORIA ROYALS

## HIGH-PERFORMANCE CAMPS

Tuesday, August 13, 2024



START	END	TEAM BLUE		TEAM WHITE	
		ACTIVITY	LOCATION	ACTIVITY	LOCATION
8:00 AM	8:30 AM	CHECK-IN / ARRIVAL		CHECK-IN / ARRIVAL	
8:30 AM	9:00 AM	CHANGE FOR WORKOUT	DRESSING ROOM	CHANGE FOR ICE	DRESSING ROOM
9:00 AM	10:00 AM	WORKOUT	GYM	ON-ICE	ICE
10:00 AM	11:00 AM	ON-ICE	ICE	WORKOUT	GYM
11:00 AM	11:30 AM	PLAYERS COOL DOWN / CHANGE		PLAYERS COOL DOWN / CHANGE	
11:30 AM	12:30 PM	LUNCH	CP ARENA	LUNCH	CP ARENA
12:30 PM	1:30 PM	GUEST SPEAKER	TBD	GUEST SPEAKER	TBD
1:30 PM	2:00 PM	CHANGE FOR WORKOUT	DRESSING ROOM	CHANGE FOR ICE	DRESSING ROOM
2:00 PM	3:00 PM	WORKOUT	GYM	SCRIMMAGE	ICE
3:00 PM	4:00 PM	SCRIMMAGE	ICE	WORKOUT	GYM
4:00 PM	4:30 PM	PLAYERS COOL DOWN / CHANGE		PLAYERS COOL DOWN / CHANGE	
4:30 PM		DEPART ARENA		DEPART ARENA	

### NOTES

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*A lunch menu will be distributed closer to the date of camp.*

*Snacks will also be provided throughout the day for athletes.*

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*Players will be provided with: jersey, namebar, workout t-shirt, workout shorts and a hat.*



Wednesday, August 14, 2024



START	END	TEAM BLUE		TEAM WHITE	
		ACTIVITY	LOCATION	ACTIVITY	LOCATION
8:00 AM	8:30 AM	CHECK-IN / ARRIVAL		CHECK-IN / ARRIVAL	
8:30 AM	9:00 AM	CHANGE FOR ICE	DRESSING ROOM	CHANGE FOR WORKOUT	DRESSING ROOM
9:00 AM	10:00 AM	ON-ICE	ICE	WORKOUT	GYM
10:00 AM	11:00 AM	WORKOUT	GYM	ON-ICE	ICE
11:00 AM	11:30 AM	PLAYERS COOL DOWN / CHANGE		PLAYERS COOL DOWN / CHANGE	
11:30 AM	12:30 PM	LUNCH	CP ARENA	LUNCH	CP ARENA
12:30 PM	1:30 PM	VIDEO SESSION (REVIEW GAME)	TBD	PLAYER EXIT MEETINGS	TBD
1:30 PM	2:00 PM	CHANGE FOR ICE	DRESSING ROOM	VIDEO SESSION (REVIEW GAME)	TBD
2:00 PM	3:00 PM	ON-ICE	ICE	CHANGE FOR ICE	DRESSING ROOM
3:00 PM	4:00 PM	PLAYER EXIT MEETINGS	TBD	ON-ICE	ICE
4:00 PM	4:30 PM	PLAYERS COOL DOWN / CHANGE		PLAYERS COOL DOWN / CHANGE	
4:30 PM		DEPART ARENA		DEPART ARENA	

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Players - please be dropped off and picked up at Charlie Purdy Arena front entrance.

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